

**TRANSLATION OF ANNEXES TO IPER**

1. Adjuster for the vertical adjustment of a head restraint (1) having at least  
5 two support elements (2),  
with a head restraint holding module (20) for holding the head restraint (1, 2),  
whereby the head restraint holding module (20) comprises adjustment means  
(4) variable in at least one adjustment direction (A) for vertical adjustment of the  
head restraint (1, 2) held by head restraint holding module (20), and  
10 with drive means (8) for producing an adjustment movement for moving the  
adjustment means (4),  
wherein a separate flexible transmission means (6) and a separate adjustment  
means are assigned to each support element (2), and  
wherein each transmission means (6) transfers the adjustment movement of the  
15 drive means (8) to the adjustment means (4) assigned to the respective support  
element (2).

2. Adjuster according to claim 1,  
characterized in that  
20 the head restraint holding module comprises at least two holding modules (20),  
whereby each of the at least two holding modules (20) is in each case  
associated with one of the at least two support elements (2) and is designed to  
accommodate the same, whereby to each of the at least two holding modules  
(20) one of said separate adjustment means (4) is assigned, and wherein the  
25 adjustment means (4) of the at least two holding modules (20) are at a distance  
from one another.

3. Adjuster according to claim 1 or 2,  
characterized in that  
30 the transmission means comprise common transmission means (6) for transfer  
of the adjustment movement of the drive means to distribution means (22),

whereby the distribution means (22) are designed in such a manner that they transfer the adjustment movement from the common transmission means (6) to the separate transmission means (6A) to the same extent.

- 5     4. Adjuster according to any one of claims 1 to 3,  
characterized in that the drive means (8) comprise an electric motor (10) for  
producing the adjustment movement.
- 10     5. Adjuster according to any one of the preceding claims,  
characterized in that  
the drive means (8) comprise a gear mechanism (11, 12) for transfer of the  
adjustment movement to the transmission means (6, 7; 16).
- 15     6. Adjuster according to any one of the preceding claims,  
characterized in that  
the separate transmission means (6, 7; 16) each comprise exactly one  
transmission element for transfer of the adjustment movement of the drive  
means (8) to the adjustment means (4).
- 20     7. Adjuster according to any one of the preceding claims,  
characterized in that  
the transmission means comprise at least one Bowden cable (6, 7).
- 25     8. Adjuster according to any one of the preceding claims,  
characterized in that  
the transmission means (6) is designed such that it can transfer a force to the  
adjustment means (4) for movement of the adjustment means (4) in a first  
adjustment direction, and that the head restraint holding module (20) comprises  
mechanical energy storage means (15) coupled with the adjustment means (4),  
30     which are designed such that they can take up energy on movement of the  
adjustment means (4) in the first adjustment direction, in order to assist

movement of the adjustment means (4) in a second adjustment direction by releasing the stored energy.

9. Adjuster according to claim 8,  
5 characterized in that  
the first adjustment direction is essentially opposite to the second adjustment direction.

10. Adjuster according to claim 8 or 9,  
10 characterized in that  
the mechanical energy storage means (15) are flexibly formed.

11. Adjuster according to any one of claims 8 to 10,  
characterized in that  
15 the mechanical energy storage means comprise spring means (15).

12. Adjuster according to claim 11,  
characterized in that  
the spring means (15) are coupled with the adjustment means (4) in such a  
20 manner that it is tensioned on movement of the adjustment means (4) in the first  
adjustment direction, while it assists the movement of the adjustment means (4)  
in the second adjustment direction by a slackening action.

13. Adjuster according to claim 11,  
25 characterized in that  
the spring means (15) are coupled with the adjustment means (4) in such a  
manner that they are compressed on movement of the adjustment means (4) in  
the first adjustment direction, while they assist the movement of the adjustment  
means (4) in the second adjustment direction by a decompression action.

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14. Adjuster according to any one of claims 8 to 13,

characterized in that the mechanical energy storage means (15) are arranged on at least one support bar (2), which on the one hand is to be coupled with the head restraint (1) and on the other hand with the adjustment means (4).

5 15. Adjuster according to any one of the preceding claims,  
characterized in that

the transmission means comprise at least one shaft (16) for transfer of the adjustment movement of the drive means (8) to the adjustment means (4).

10 16. Adjuster according to claim 15,  
characterized in that

the at least one shaft (16) is coupled with the adjustment means (4) in such a manner that a rotational motion transferred by the drive means (8) to the at least one shaft (16) causes a linear adjustment movement of the adjustment  
15 means (4).

17. Adjuster according to claim 15 or 16,  
characterized in that

a final section of the at least one shaft (16) to be coupled with the adjustment  
20 means (4) via a thread engagement forms a spindle drive for the adjustment means (4).

18. Adjuster according to claim 17,  
characterized in that

25 the final section of the least one shaft (16) has a thread (17), which is to be engaged with a thread formed on the adjustment means (4), in order to form the spindle drive.

19. Adjuster according to any one of claims 15 to 18,

30 characterized in that

the at least one shaft (16) is a flexible shaft.

20. Adjuster according to any one of the preceding claims, characterized in that the adjuster comprises an actuation device (9) for operation of the drive means (8).

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21. Adjuster according to any one of the preceding claims, characterized in that the drive means are arranged spatially separate from the head restraint holding module (20).

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22. Adjuster according to any one of the preceding claims, characterized in that the separate transmission means (6) are designed such that in each case they transfer the adjustment movement of the drive means (8) essentially in the same direction to the adjustment means (4).

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23. Seat with a head restraint (1, 2), characterized in that the seat comprises an adjuster according to any one of the preceding claims for the vertical adjustment of the head restraint (1, 2).

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